

Will deliver the following course as detailed below:

## Emotional Intelligence

**Date:** 12<sup>th</sup> November 2019  
**Location:** Room 6, Medical Education Department,  
R Floor. Royal Hallamshire Hospital.  
**CPD Points:** 3  
**Times:** 12:30pm-4:30pm  
**Facilitator:** Ian Smith



**Emotional intelligence (EI) or emotional quotient (EQ)** is the capability of individuals to recognize their own, and other people's emotions, to discriminate between different feelings and label them appropriately. To use emotional information to guide thinking and behavior, and to manage and/or adjust emotions to adapt environments or achieve one's goal/s. Knowledge of these skills within medicine - or in life in general - are crucial for any successful interaction with other people.

### Measurable Aims: At the end of this programme, the delegate can:

- Explain the importance of Emotional Intelligence
- Describe the role of emotions
- List the 5 components of EI
- Define 3 ways to improve emotional management

### The Programme Includes:

- History and background - Salovey and Mayer conceptualisation to the development by Goleman
- Why Emotional Intelligence is so important
- Emotional definitions and their impact
- The 5 Component Emotional Intelligence Model:

To Book onto this programme, please contact Kate Guest:

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